

Posted on 25 October 2017

by Liz Robb

Recipe: Aubergine and Goats Cheese Bake

Ingredients

1 small onion
2 cloves of garlic
Olive oil
600g canned chopped tomatoes
A pinch of sugar
Salt and black pepper
A few sprigs of fresh basil
25g butter
2 tablespoons of plain flour
250-300ml semi skimmed milk
50g mature cheddar cheese
Half a teaspoon of english mustard
2 large aubergines
3 large ripe tomatoes
150g goats cheese
Servings
4
Person

Preparation

1. Peel the onion and the garlic and chop both very finely. Grate the cheese.
2. To make the tomato sauce, gently sauté the onion and garlic in 2 tablespoons of olive oil for 5 minutes, then add the chopped tomatoes and the sugar. Simmer for 30 minutes, stirring occasionally.
3. Blend the sauce, season to taste with salt and black pepper, and stir in a handful of chopped basil leaves just before adding to the dish.
4. Meanwhile, make the cheese sauce. Chop the butter into small pieces and melt in a saucepan, then gradually stir in the flour. Add 250ml milk a little at a time, stirring constantly to make a smaooth sauce.
5. Add the grated cheese and mustard, stir well and cook gently for a few minutes. Season the cheese sauce with salt and black pepper and adjust the thickness if necessary by adding more milk.
6. Preheat the oven to 180 degrees, 160 degrees fan oven and heat the grill. Lightly butter a baking dish.
7. Cut the aubergines into fairly thin slices, brush with olive oil, season with salt and black pepper and put under the grill for about 3 minutes. Turn them over, brush with oil again and grill for a further 2-3 minutes.
8. Slice the tomatoes very thinly. Cut the goats cheese into thin slices too.
9. Spoon a third of the sauce into the bottom of the dish, cover with a third of the aubergine then a third of the sliced tomatoes. Repeat these layers twice more. Spoon the cheese sauce all over the top then finish with a layer of goats cheese.
10. Bake for about 35 minutes, or until the topping is golden brown.

Cooks Note

A delicious autumn supper dish, with layers of soft aubergine, ripe tomatoes, thick herby tomato sauce and creamy cheese sauce topped with tangy goats cheese. Serve with a simple fresh green salad.

Some goats cheeses are hard to slice; don't worry, just crumble it on instead. Home made

tomato sauce can easily be made in advance or, if you're really short of time, you could buy a ready made sauce.

I usually grill or bake aubergine to reduce the amount of oil I use, but you can pan fry it if you prefer; it does taste good! I like to use basil in this dish but you could use other herbs instead, such as thyme or rosemary. Remember to choose appropriate cheeses if cooking for vegetarians.